Author: Dr. Simon J. Williams, Reader in Sociology, University of Warwick.

Title: Sleep, emotions and the ‘vulnerable body’: A sociological exploration

Address: Department of Sociology, University of Warwick, Coventry, CV4 7AL, UK (email: s.j.williams:@warwick.ac.uk)

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Abstract:

Taking as its point of departure the embodiment and embedment of sleep in the social world, and the ‘doing’ of sleeping in everyday/every-night life, this paper explores the ‘vulnerability’ of sleeping bodies and the role emotions, trust and routine play in facilitating or impeding our sleep. These issues are further explored and illustrated through some pilot work on the perilous and precarious sleep of victims of domestic violence, in which fear and ontological insecurity loom large. Sleep it is concluded is a crucial, yet sociologically overlooked, aspect of embodiment and an important existential marker or index of (in)security, (in)equality and (in)justice: a shared vulnerability that, at one and the same time, unites and divides us given the ‘rights’ and ‘wrong’ or ‘politics’ of sleep, both locally and globally.